

Smörgåstårta (Swedish Sandwich Torte)

Presented by **Carol Gustavson**. Carol demonstrated decoration of the **Smörgåstårta** during the **September 2022 program**.

My story

“During my first visit to Sweden a Smörgåstårta was our luncheon at Snugge, Christina Nilsson's and my family homestead. It's great for a special lunch, brunch, a shower, or potluck. It's important to use a sturdy bread. The fillings are up to you; with a recommended 3 fillings. Decorating the top of the cake with fresh herbs and vegetables should include what is in the cake, i.e. smoked salmon, shrimp, hard boiled eggs. I have seen this cake in every shape and size. It's up to your own creativity and how many you are serving.”

History

A man named Gunnar Sjö Dahl claimed to have invented **Smörgåstårta** in a coffeehouse in Östersund, Sweden. It is normally made up of several layers of white or light rye bread with creamy fillings in between. The fillings and toppings may vary, however most common are egg and mayonnaise as the base, and shrimp, smoked salmon, ham, cheese, as the fillings, and decorated on top with fresh dill. **Smörgåstårta** is served cold and cut like a dessert cake and is a common dish in Sweden at spring and summer festivities. Often it is served with beer and aquavit.

Recipe (reference Recipe from District Lodge Lake Michigan #8, Scandinavian Cuisine, p. 74)

Ingredients

2 loaves white bread, prefer heavier type
 Assorted fresh veggies – cut small
 1 lb. ham salad
 1 can shrimp –medium (or frozen)
 1 lb. egg salad
 1 can black olives
 1-8 oz. pkg. cream cheese
 and a little milk

Preparation

Lay the first layer of bread on a board, 3 across and 2 down.
 Spread the ham salad on the 6 slices of bread.
 Then lay a second layer of bread on top of the first layer.
 Spread the egg salad on that layer.
 Add one more layer of bread on top of the egg salad.
 Thin the cream cheese with a little milk so it is the consistency of frosting.
 Then frost the whole cake – top and sides – with the creamed mixture.
 Place the shrimp in rows on top of the cream frosting.
 Place the assorted veggies between the rows of shrimp.
 Chop the black olives and sprinkle over the top.
 Refrigerate at least for an hour before serving.

EXPLORING OUR SWEDISH FOOD HERITAGE

Cut the cake into squares and serve with fork and knife.

Note: You can use broccoli, radishes, shredded carrots, sliced tomatoes or grape tomatoes, cucumber slices, green, yellow, or red peppers or onions to make it look like a decorated cake.

